

April—June
2010



CHESTERFIELD COUNTY SENIOR ADVOCATE

Senior Advocate Newsletter

Older Americans Month 2010 Age Strong! Live Long



May is Older Americans Month— a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The Chesterfield Senior Advocates office is joining communities nationwide in celebrating this month with special activities and events.

This year's Older Americans Month theme—***Age Strong! Live Long!***—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generation of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

(Continued on Page 4)



Volunteer Positions Available At Senior Advocate's Office

Volunteers call older adults or adults with disabilities who live alone to check on their well being and to socialize. Calls are made on Monday and Thursday mornings from 9:00 to 11:00 am. If you are interested in volunteering one day a month and like talking on the phone, this may be an opportunity for you. If interested, please call 768-7878.

Older Americans Month	1
Fire Safety	2
Medication Cleanout	2
Tax Assistance	3
Hoarding	3
Triad Senior Day	3
Secure Your ID	4



Get In The Know

This monthly program is designed for adults 55 and older and sponsored by the Chesterfield County Public Libraries and Chesterfield County Parks and Recreation Department. Participants will learn about "The Opportunities and Benefits of Volunteering" at the dates and locations listed. The presentation will be given by Debbie Leidheiser, Senior Advocate. To register call 751-4135.

April 1, 10:30 am at LaPrade Library, 9000 Hull Street Road

April 20, 10:30 am at Chester Library, 11800 Centre Road

April 21, 10:30 am at Midlothian Library, 521 Coalfield Road

Grandparent Connection

Are you a grandparent raising a grandchild and would like to meet other grandparents who are doing the same? You are not alone.

The Chesterfield County Senior Advocate's office has established a Grandparent Connection Support Group. Free child care will be provided on site, but you need to pre-register. Refreshments will be served.

The meetings are the first Thursday of every month at 4:15 pm at the Juvenile and Domestic Relations District Court Building, 7000 Lucy Corr Boulevard, Chesterfield. For details, call the office.



Fire Safety and EMS Passport, Senior Passport and File of Life

Being fire safe is for all ages! Come learn about cooking, candle and fireplace safety, along with fall prevention, life-threatening medical emergencies and much more.

Learn about three special programs in Chesterfield. **EMS Passport** is a subscription program to help citizens defray out-of-pocket expenses when they need emergency ambulance transportation; **File of Life** is an emergency medical-data kit; **Senior Passport** provides free admission to various school events.

Join us as we learn about fire safety and the other programs. Afterwards, enjoy lunch provided by Chesterfield Heights.

Please register by calling 768-7878.

April 12, 2010

10:30 am - 12:15 pm

Location Chesterfield Heights Retirement Living, 901 Madrona Street, Midlothian.

Hoarding

Thursday, April 22nd—9:00-10:00 am

Lucy Corr Village, Multi Purpose Room, 6800 Lucy Corr Boulevard.

Matt Paxton, owner of Clutter Cleaner, has become an expert in dealing with not only the effects of the Hoarding Disorder, but also with the people who suffer from it. It is estimated that over 3 million Americans are Hoarders, which is now recognized as an actual psychological disorder.

Matt offers help to individuals and families to address the many aspects of this increasing problem. Participants will see a video presentation of several of his before and after interventions. Mr. Paxton can also be seen on the A&E network program called "Hoarders". For reservations or more information, call the office.

Tax Assistance



The following locations can help older adults or adults with disabilities with their taxes.

The Chesterfield-Colonial Heights Department of Social Services,

Those seeking assistance must bring all W-2 and 1099 forms, Social Security cards for everyone they plan to claim, and photo identification for all adults. The assistance is not available to first-time homebuyers or individuals with military income.

January 28 through March 25, free for individuals with total incomes of \$49,000 or less. Smith-Wagner Building, 9501 Lucy Corr Circle, Chesterfield on Thursdays from 4:00-6:30

AARP Tax Aide Site

Free one-on-one counseling, as well as assistance on the telephone and internet to help individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules.

February 1st through April 15th

Rockwood Nature Center, 3401 Courthouse Road, Richmond, VA

Tuesday, Wednesday & Thursdays from 12:30 - 4:00 pm

Goodwill-Richmond, 6301 Midlothian Turnpike, Richmond, VA (804)745-6300

Monday, Tuesday & Thursdays from 12:30 - 4:00 pm or Wednesdays from 9:00 - 4:00 pm

Harbour Point Clubhouse, 13800 Harbour Pointe Road, Midlothian, VA (804)639-0347

Monday, Tuesday & Fridays from 12:30 - 4:30 pm or Saturday from 9:00 am - 12:00 pm

Senior Connections, 24 E. Cary Street, Richmond, VA (804)343-3059 Appointment Required

Monday, Wednesday & Thursday from 10:00 am - 1:00 pm

Senior Dance

The theme for this year's dance is "Cruise The Night Away". This semiformal dance is for Chesterfield County residents 55 and older and is being held at Thomas Dale High School, 3626 W. Hundred Road, Chester, on April 23. The dance is from 7:00 to 10:00 pm. The dance is sponsored by the Senior Advocate's office, Parks and Recreation and Chesterfield Schools. Space is limited and pre-registration is required. Register by April 16 by calling Parks and Recreation at 751-4135, Course #19790.



Medication Cleanout



**Saturday, April 17
from 10 am - 2 pm**

Prevent medication abuse, prevent poisonings, and protect the environment. Bring your expired or unneeded prescriptions and over-the-counter medications to be disposed of properly. Leave the medications in their original containers and place in a clear plastic bag, if possible. Bring them to the Chesterfield County Fairgrounds at the corner of Courthouse & Krause Roads.

Coming Soon! BBB “Secure Your ID” Days and Central Virginia Food Bank Drive

Free Document Shredding and Take Home Tips to Prevent ID Theft, April 17!

On Saturday, April 17th, the Richmond Better Business Bureau (BBB) will host “Secure Your ID” Day. Individuals and small businesses can take advantage of FREE on-site document shredding and take home practical tips to prevent identity theft online and off. The BBB serving Central Virginia will host the event at 720 Moorefield Park Drive, Richmond, from 9:00 am until noon.

BBB encourages the employees of all Accredited Businesses and consumers to pull out their old bills, floppy discs, CDs, credit card records and other personal paperwork and bring them to be destroyed on April 17.

BBB also asks that you remember the families of Richmond in need and bring a donation to the shred event. Any food item will be welcomed.

More information can be found at BBB’s website at www.Richmond.bbb.org. This event is brought to you by BBB serving Central Virginia and the National Association for Information Destruction Member International Paper Recycling.



Older Americans Month 2010

(continued from Page 1)

Older Americans are a core component of service delivery to seniors—embodying and modeling the drive to ***Age Strong! Live Long!*** They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that em-

powers the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities, community engagement, and more. Contact the Senior Advocates office at 768-7878 or email leidheiserd@chesterfield.gov to find out what you can do to strengthen services for older Americans, this month and all year round.



Senior Ambassador Program

Participants graduated from the third Senior Ambassador class on March 29. During the eight week program, participants learned about the various resources in the county, where each day there was a different theme. The themes for the session included Health and Wellness, Government and Business, Lifelong Learning, Government Center Complex, Safety, etc.

Each class that graduates from the program has a class project, and some of the classes are finalizing their project, where others are still deciding on their project. The following projects are being done by the classes:

Spring 2009 Class: Volunteer Fair for adults in Chesterfield. The Fair will be held on September 21 at Chesterfield Towne Center.

Fall 2009 Class: Volunteering at the Chesterfield Chamber of Commerce Wine Festival on April 17, and reading to students at Harrowgate Elementary School on April 23.

Spring 2010 Class: This class is deciding on their project.

The fall session of the Senior Ambassador class will be on Wednesdays, September 15 – November 3. Application forms will be available in July. If you would like to sign up to receive an application, contact the office at 768-7878 or by email at Leidheierd@chesterfield.gov



Volunteer Fair

The Spring 2009 Senior Ambassador Class will be holding a Volunteer Fair on Tuesday, September 21, at Chesterfield Towne Center. The Fair will have different groups and non-profit organizations that use volunteers. Participants will be able to talk with the organizations, find out about the volunteer opportunities available, and fill out an application on the spot.

There is a need for volunteers to help with this event. We are currently forming committees which include: Marketing, Organizations/Vendor Recruitment, Door Prize Solicitation and Working the Day of the Event. Please contact the office if you would be willing to help with this event.

Chesterfield TRIAD Senior Day 2010

Chesterfield Triad Senior Day is an opportunity for senior adults to visit with more than 65 businesses and non-profit agencies to learn about opportunities and services to make your life safe, active and more enjoyable. This year's focus is on emergency preparedness. Participants will enjoy a program on Emergency Preparedness, entertainment, information booths and door prizes. Senior Day will be held on Wednesday, May 5th from 7:30 am to 12:45 pm at Victory Tabernacle Church, 11700 Genito Road. The event is free. Contact the office with any questions.

Chesterfield County

Senior Advocate

CHESTERFIELD COUNTY SENIOR ADVOCATE

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The office of the Senior Advocate, created in May 2003, serves residents in Chesterfield County aged 60 and older, their family members and caregivers by providing information and referrals, and promoting and coordinating services for:

- older adults who want to remain active and independent and be vital contributors to their communities,
- older adults who may need assistance to remain as independent as possible,
- caregivers, including those who may themselves be older and need assistance.

Our mission is to enhance the quality of life of older adults and their caregivers in Chesterfield County and to promote the ability to live active, independent lives as long as possible.

If you or someone you know is in need of any of these services, please contact the Senior Advocate's office at (804) 768-7878 or email leidheiserd@chesterfield.gov.

Reminder of Upcoming Programs and Events

- **April 1** Grandparent Connection Support Group, 4:15 pm
- **April 12** Fire Safety & other programs, 10:30 am - sponsored by Chesterfield Triad
- **April 17** Medication Cleanout, sponsored by SAFE
- **April 17** Better Business Bureau Document Shredding & Secure Your ID Day
- **April 22** Hoarding, 9:00 am - sponsored by Chesterfield Council on Aging
- **April 23** Senior Dance, 7:00 pm
- **May 5** Triad Senior Day, 7:30 am - 12:45 pm
- **May 6** Grandparent Connection Support Group, 4:15 pm
- **June 3** Grandparent Connection Support Group, 4:15 pm

